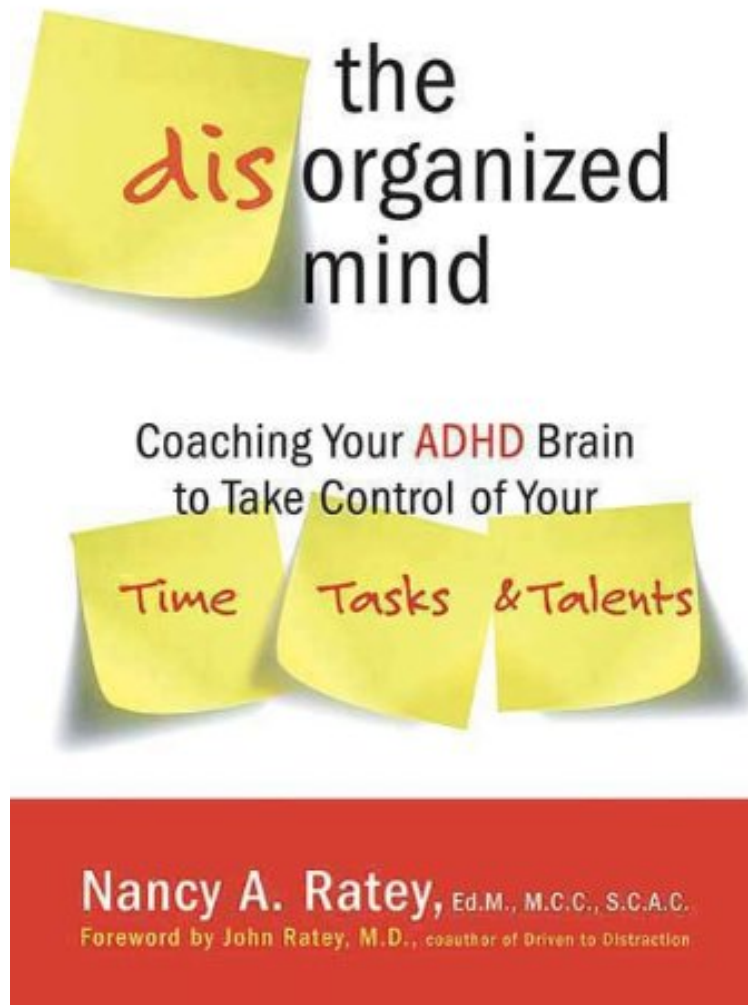


(Read download) The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents

## The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents

Nancy A. Ratey

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**Nancy A. Ratey : The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents:

109 of 111 people found the following review helpful. Okay Tips, Unrelatable AnecdotesBy J. RichardsonI'm about 75% through The Disorganized Mind, and haven't started doing the exercises yet (typical ADHD behavior, right?) but

I can safely say that this book does have some helpful suggestions for compensatory strategies. However, all of these are cast through the lens of the author's "clients;" all of which are upper-middle class/top earner types who can afford an ADHD coach. Expect to hear long-winded tales of people who have live-in nannies, lament their friends don't want to accompany them on their frequent vacations due to ADHD related outbursts, or rely too much on their personal assistant. In fact, one of the author's suggested strategies is to actually HIRE a personal assistant! Who has the funds for that? There isn't one lick of advice tailored to everyday working folks struggling to get their symptoms under control. To get anything out of this book, you'll have to work around the descriptions of her client's success and lifestyle to find the core strategies that are offered. The author even goes on at length about her Ivy League education and her world-traveling family. That's great that the author was born into a family that offered her the luxury to pursue a secondary education for years and years, and she'd seen a good chunk of the world before that, but I didn't purchase this book to listen to the author brag. If you grew up poor or don't make a six-figure income, the stories in this book can become infuriating as your lack of sympathy grows stronger. If you can fight past those feelings though, there are some good ideas to find.

0 of 0 people found the following review helpful. I love that I can listen to it while I am ...  
By Melissa  
This book is a step by step to help with people whose minds travel which makes it hard to focus. I have started through the process. I love that I can listen to it while I am driving and then read later. Great read.  
4 of 4 people found the following review helpful. Good book on coaching, in general.  
By ravager814  
I just finished reading this book, and I found the examples the author used to be most illuminating. Of course as a graduate student, I don't have the means to hire an executive assistant to give my thesis structure. It does give me the motivation to try coaching, though. Nancy does a pretty good job in showing the reader why an effective coaching strategy will work.

For the millions of adults diagnosed with ADHD *The Disorganized Mind* will provide expert guidance on what they can do to make the most of their lives. The inattention, time-mismanagement, procrastination, impulsivity, distractibility, and difficulty with transitions that often go hand-in-hand with ADHD can be overcome with the unique approach that Nancy Ratey brings to turning these behaviors around. *The Disorganized Mind* addresses the common issues confronted by the ADHD adult: "Where did the time go?" "I'll do it later, I always work better under pressure anyway." "I'll just check my e-mail one more time before the meeting hellip;" "I'll pay the bills tomorrow ndash; that will give me time to find them." Professional ADHD coach and expert Nancy Ratey helps readers better understand why their ADHD is getting in their way and what they can do about it. Nancy Ratey understands the challenges faced by adults with ADHD from both a personal and professional perspective and is able to help anyone move forward to achieve greater success. Many individuals with ADHD live in turmoil. It doesn't have to be that way. You can make choices and imagine how things can change ndash; this book will teach you how. By using ADHD strategies that have worked for others and will work for you, as well as learning how to organize, plan, and prioritize, you'll clear the hurdles of daily living with a confidence and success you may never before have dreamed possible. Nancy Ratey has the proven strategies that will help anyone with ADHD get focused, stay on track, and get things done - and finally get what they want from their work and their life.

From Publishers Weekly  
Ratey has produced a valuable resource for people addressing the daily challenges caused by the neurobiological condition of Attention Deficit Hyperactivity Disorder. Symptoms of ADHD include difficulty with organization, focus, and time management. Ratey, a professional ADHD coach who was diagnosed with the disorder herself while in graduate school, provides a set of concrete tools that ADHD adults can use to help themselves traverse both personal and professional situations, though the author emphasizes that her book is not a substitute for diagnosis and treatment. Short sections explaining the biological reasons for the disorder's more exasperating symptoms are contributed by Ratey's husband John, a psychiatrist specializing in treatment of ADHD and co-author of *Driven to Distraction*, a seminal ADHD book. With a nod to her audience, Ratey divides her book into sections that can be absorbed in small increments, including her own struggles with the disorder, her six-step "A.N.S.W.E.R." system, case studies and tips from spouses and employers. For ADHD sufferers, Ratey's book might not be a one-stop remedy but it's an extremely helpful starting place. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Advance praise for *The Disorganized Mind*:  
"Nancy Ratey, the queen-maven of coaching, has written a masterful and practical guide to the world of promoting peak performance and peace of mind through the power of coaching. nbsp; *The Disorganized Mind* will make all who read it more successful, less stressed, and happier in their pursuit of their goals. nbsp; This book is a total winner!"  
- Edward Hallowell, M.D., co-author of *Driven to Distraction* and author of *CrazyBusy*  
"In a very warm and personal style, Nancy Ratey, a true pioneer in the field, demonstrates the depth of her expertise and empathy for adults with ADHD. In her book, *The Disorganized Mind*, Ratey skillfully guides the reader through a potentially life changing process!"  
- Sari Solden, MS, author of *Women with ADD and Journeys through ADDulthood*  
"Well done! This book will really help ADDers understand what coaching is and how they can self-coach. It's a compassionate book clearly based on years of successful coaching experience. I'll recommend it to my clients."  
- Judith Kolberg, Award-winning professional organizer. Co-author, *ADD-Friendly Ways to Organize Your Life*  
"Speaking as a mother of a child with LD and

ADHD, I knew little about coaching prior to reading Nancy Ratey's extremely insightful book. I particularly liked the chapter on Time Mismanagement as I have seen first hand how challenging this can be. Nancy's book will inspire, and serve as an invaluable life guide for those who lead scattered, disorganized lives. - Anne Ford, Chairman Emeritus, National Center for Learning Disabilities and author of *Laughing Allegra* and *On Their Own*. Through her years of experience coaching others with the disorder, Nancy Ratey has seen firsthand that people can change their lives. The book demonstrates the power of coaching and/or self-coaching and the differ...